



Friendship Heights

VILLAGE NEWS

NOVEMBER 2019

VOLUME 35, NO. 11 www.friendshipheightsmd.gov

301-656-2797



An artful way to shop,
see page 2.

Hopper and his American hotels at the VMFA in Richmond

Explore the artistic genius of an American icon as the Virginia Museum of Fine Arts presents "Edward Hopper and the American Hotel."

On **Friday, Nov. 22**, we'll head south for the day for a luncheon in the museum's Marble Hall followed by a guided tour of the exhibit. You'll also have free time to visit the museum's permanent collection, including Faberge and Russian Decorative Arts.

We'll depart from the Village Center at 8:45 a.m. and should return by 7 p.m.

The Virginia Museum of Fine Arts presents the premiere of Edward Hopper and the American Hotel, the first in-

Continued on page 5, see Hopper



Award-winning actor's novel offers young readers a powerful message

Village resident and award-winning actor Maulik Pancholy will read from and sign his debut novel, "The Best At It," on **Monday, Nov. 4, at 7 p.m.** at the Village Center.

In his novel, Pancholy combines his personal experience of growing up gay and Indian American in the Midwest, with his anti-bullying campaign, to create an empowering and touching story about seventh-grader Rahul Kapoor finding his way in small-town Indiana.

Pancholy's television work includes "30 Rock," "Whitney," "Web Therapy," "Elementary," "Friends from College," "The Good Wife," "The Comeback," "The Sopranos" and "Law & Order: Criminal Intent." He is also the voice of Baljeet in the Emmy Award-winning



animated series "Phineas and Ferb" and of Sanjay in "Sanjay and Craig."

Copies of "The Best At It" will be available for purchase.

Please call the Village Center at 301-656-2797 if you plan to attend.

State and local officials host forum on senior issues

Maryland State Senator Susan Lee, State Delegates Ariana Kelly, Marc Korman, and Sara Love, and Montgomery County Council member Andrew Friedson will host a Senior Forum on **Wednesday, Nov. 6, from 9:30 to 11:30 a.m.** at the Village Center. The forum will address a host of issues, including health and wellness and scams against seniors.

Scheduled speakers include Lili Rojas, Wellness Program Manager, Montgomery County Government; Cathy Richards on Preventing Falls (Recreation Specialist, 55+ Programs, Recreation Department); and Hannah Gleason on Identifying Fraud and Scams (Montgomery County State's Attorney's Office). Refreshments will be served. Sign up at the Village Center or by calling 301-656-2797.

Christmas Revels at Lisner and afternoon tea, see page 5.



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Shop at our holiday "Pop-Up"

Visit our Pop-Up Artisan Shop at the Village Center on **Friday, Nov. 1 and Saturday, Nov. 2**. There will be a broad range of items for purchase, including pottery; wooden bowls and gifts; textiles; clothing; children's books; doll clothes; metal; stone and beaded jewelry; paintings; ornaments; notecards; holiday items; and more. Highlighting the talents of local artists, all items must be handcrafted.

The festivities begin Friday with a family-friendly, shop-and-sip "Mocktail Party" from 5:30 to 8 p.m. The fair continues Saturday, from 10 a.m. to 4 p.m., with more shopping, art talks and demos, and food concessions featuring a DIY Hot Chocolate Bar. There is no admission fee.



Friendship Heights

VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space in the December issue is November 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Village Council Update



Village property available to lease

For the first time in eight years, there is an opportunity to rent unique office space in the Village-owned property at 4602 North Park Avenue. The lower level of the property houses the police field office. The two upper levels are available to lease.

This circa 1938 brick house, converted for office use, is one of the last single family properties in our high-rise Village. The space is approximately 2000 square feet and consists of 10 rooms and 3 bathrooms on two floors. There are interesting dormers, operable windows, and a fireplace. Designated on-street parking for two cars, and off-street parking that can accommodate up to eight cars (stacked) is included. Rent is negotiable (subject to Village Council approval).



The space offers an urban location minus the hassle. It is about two blocks from the Washington, D.C., line and an easy walk to the Friendship Heights Metro. It is also served by the Village shuttle bus.

Leasing is through Josh Hartman of Avison Young. His telephone is 202-644-8678 (office) or 301-442-7101 (cell).

Council approves concept for new buses

At the October 15 Council meeting, representatives from our shuttle bus contractor, RMA, presented their recommendation for replacing the existing bus with



The 2019 Ford Champion 550 LF Transport shuttle bus.

two new Ford Champion 550 LF Transport buses. As described in last month's Village Council Update, these will be low-floor kneeling buses, smaller than the current bus. Both buses will be marked as Friendship Heights shuttles.

The Council approved RMA's recommendation. We are now in the process of advertising for bids.



Montgomery County introduces pedestrian master plan

The County is developing a pedestrian master plan with the goal of improving pedestrian safety and accessibility countywide. The plan will recommend new and amended policies and operational practices, design standards and programming. The project will prioritize countywide pedestrian infrastructure, similar to the methods used in assessments for the bicycle master plan. The priorities will provide guidance to the County Council and the County Department of Transportation in directing resources for needed improvements.

The County began hosting pedestrian master plan community meetings in October. A draft of the completed plan is expected to be presented to the Planning Board in late 2020.

Other action taken at the October 15 Council meeting:

- Approved proposal from Mulheron Tree Experts for snow removal contract for 2019–2022.

The next Council meeting, open to the public, will be Tuesday, November 12, at 7:30 p.m. at the Village Center (note the meeting is on a Tuesday due to Veterans Day).

How to talk politics and keep the peace at Thanksgiving

Local psychologist Dr. David Sacks, who led a well-attended workshop last April on "Staying Sane in Stressful Political Times," returns to the the Village Center on **Saturday, Nov. 23, from 10 to 11:30 a.m.** for a workshop designed to take the stress out of holiday gatherings.

With Thanksgiving approaching, many of us will be spending time with relatives and friends who have a variety of political perspectives. How do we engage in friendly yet meaningful conversation with those with whom we may not agree? This workshop will help us listen and learn about where we have different opinions and share ideas about how to best navigate time with family and friends.

People of diverse ethnicities, races, nationalities, economic backgrounds, and political persuasions are all welcome. Children under 12 should be accompanied by an adult.

Sacks is a licensed psychologist with a practice in Highland House. He was Associate Professor of Clinical Psychology at the American School of Professional Psychology in Arlington, Va., and previously worked in the Washington, D.C., Department of Mental Health Child and Youth Division.

This event is free, but please call 301-656-2797 to RSVP.

Create and take at our one-day ceramic workshop



Learn to create and decorate small- and medium-sized plates in white stoneware clay during a one-day ceramic workshop on **Saturday, Nov. 9, from 10 a.m. to 2 p.m.** at the Village Center.

Instructor Natalia Kormeluk is a former pottery instructor and studio arts chair at the Field School. During the class, each participant will create

several plates using slabs created in class and then decorate each using slip methods and textures. Completed work will be glazed and delivered to the Village Center for pick-up two weeks later. The cost of the workshop, which includes materials and firing, is \$30 for residents and \$35 for nonresidents. Registration is limited to 10 participants.

To sign up, stop by the Village Center. For information, call 301-656-2797.

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The Village Book Club will meet on **Tuesday, Nov. 19, at 11 a.m.** The book selection is "The Gene" by Siddhartha Mukherjee. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.

Looking ahead: The December book selection will be "The Last Ballard" by Wiley Cash.

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ON THE GO

Enjoy a bit of holiday "revelry" at Lisner

Join us as the Washington Revels transport audiences to a rustic European village as part of this year's Christmas Revels performance at Lisner Auditorium on **Sunday, Dec. 15.**



With a cast of more than 100 dressed in exquisite costumes, the Revels presents "Celestial Fools," with music, dance, and stories from far-off lands. The cast will be joined by Karim Nagi (Arabic drumming and dance), Shizumi Shigeto Manale (Japanese dance and theater) and Mark Novak (Jewish song). Sing along and dance to the eclectic instruments played by Seth Kibel, Vladimir Fridman, and Bob Abbott, with the glorious tones of the Washington Revels Brass.

Afterward, we'll enjoy a delightful English tea at the Henley Park Hotel. It's an afternoon that's sure to put you in the holiday spirit.

We'll depart from the Village Center at noon and

should return by 6 p.m.

The cost of the trip, which includes round-trip transportation, orchestra tickets and tea and all taxes and gratuities, is \$110. The price increases to \$125 after Dec. 1. Residents and one guest may sign up immediately; nonresidents on Nov. 7.

There are 25 spaces available.

Hopper, continued from page 1

depth study of hospitality settings depicted in the works of one of the most celebrated American artists. Hopper found artistic value and cultural significance in the most commonplace sites and settings. His spare depictions of familiar public and private spaces are often understood within the contexts of isolation, loneliness, and ennui of early and mid-20th-century America.

The cost of the trip, which includes round-trip transportation, lunch, guided tour of the exhibit and all taxes and gratuities, is \$124. Residents and one guest may sign up immediately. Nonresidents may sign up beginning Nov. 7.

There are 34 spaces available.

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PLAYING on the BIG SCREEN

All movies begin at 7 p.m. Enjoy free popcorn during the movies.

Please note that PG-13 and R-rated movies may contain sexual situations, violence and/or offensive language.

Thursday, Nov. 7, 7 p.m.—Movie—“Men In Black: International”—Chris Hemsworth and Tessa Thompson team up to protect the universe in the fourth movie of the MIB series. The original movies feature Will Smith and Tommy Lee Jones in the roles now played by Hemsworth and Thompson in this reboot. In their quest, the costars travel all over the globe, saving characters in peril and battling scary alien monsters. In a universe where humans and aliens live side-by-side, this mission takes the agents from Paris to London to New York, Naples, Morocco and the Sahara. Space guns, amazing alien creature special effects, and cars that fly keep this action adventure, comedy and sci-fi fantasy rolling along. Rated PG-13. Running Time: 115 minutes.

Thursday, Nov. 14, 7 p.m.—Movie—“American Woman”—Sienna Miller stars as Deb, a grandmother in her 30s, raising her grandson after her 16-year-old daughter goes

missing. This poignant drama, set in a blue-collar Pennsylvania town, takes place over a span of 11 years. During that time, Deb struggles with one setback after another, always hoping her daughter will return. Rated R. Running Time: 111 minutes.

Thursday, Nov. 21, 7 p.m.—Movie—“Toy Story 4”—Woody, Buzz Light Year, Mr. and Mrs. Potato Head and crew are back in this latest installment of the Walt Disney Pixar animated franchise. Tom Hanks, Tim Allen, Jordan Peele, Keanu Reeves and Keegan-Michael Key are some of the famous, familiar voices of the toys in this film. Viewers will enjoy striking animation and a sweet family-friendly story. Rated G. Running Time: 90 minutes.

Thursday, Nov. 28—Center Closed—Happy Thanksgiving



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ART and CULTURE

Highlighting the beauty of Asian black ink painting

The National Capital Area Chapter (NCAC) of the Sumi-e Society of America will exhibit with the Friendship Heights Art Gallery in November.

"Sumi-e" is a Japanese term. "Sumi" means "black ink," "e" means "painting." Paintings in this style tend to include shades of ink from pure black to the lightest shades of black dissolved in water. Many contemporary paintings combine traditional black ink with mineral colors or watercolors.

Philosophically, Sumi-e or black ink painting has played a major role in Chinese and other Asian cultures. Art historians describe painting for some cultures as unveiling the mysteries of the universe, or blending the relationship between man and the universe. In painting, the artist participates in "nature's gestures."

According to some Asian traditions, the harmony of a work of art reflects the harmony of the Tao, which is the principle that generated the world and rules the secret rhythm of nature. Each painting has a focal point (mountains, waterfalls, trees, etc.) which establishes a symbolic correspondence referring to balances established by the Tao between Heaven and Earth, man and nature, gravity and lightness, fullness and emptiness. Each painting is considered to be endowed with its own "Ki," a spirit or intangible force. Landscapes, portraits, birds, animals, flowers and trees are recurrent themes in Sumi-e.

Bamboo, represents strength which does not bend or



"A Glorious Gathering" by Mei Lih Chiang

break with the wind, but flows and adapts with the wind. The Ki or vital energy of the four seasons and the ages of man (often represented) are considered the "four gentleman": orchid, bamboo, plum tree and chrysanthemum.

Unlike Western watercolor paintings, rice paper (with its various thicknesses) or silk is used as backgrounds for Sumi-e artists. Typically, pointed brushes are preferred, made with natural bristles (horse hair, badger fur, goat, weasel). Sumi-e artists often use black Chinese ink from a bar or in liquid form. The ink usually consists of soot from natural pine resin or seed oil mixed with glue extracted from hide.

Meet the artists at a reception on **Sunday, Nov. 10, from 11:30 a.m. to 1 p.m.** The exhibit runs from Nov. 4 to Dec. 2, 2019.


Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



"A Glorious Gathering 2" by Mei Lih Chiang

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Friendship Heights
Village Center



Calendar
of Events 2019

N O V E M B E R						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>1</div> <div>9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting 5:30-8 p.m.: Artisan Fair & Reception</div>	<div>2</div> <div>8:15 a.m.: Walking Club 9 a.m.-1 p.m.: Twin Springs Farm Market 10 a.m.-4 p.m.: Artisan Fair</div>
<div>3</div> <div>9:10 a.m.: Yoga 9:30 a.m.-1 p.m.: Coffee and Sunday Papers</div>	<div>4</div> <div>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 7 p.m.: Booksigning with Maulik Pancholy 6:30 p.m.: Monday Night Bridge Club</div>	<div>5</div> <div>8:15 a.m.: Walking Club 10 a.m.-12 p.m.: Village Playtime 12-4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1 p.m.: Painting for Everyone 2-4 p.m.: Nurse Specialist 3-4 p.m.: Tea 6:30 p.m.: Mat Pilates</div>	<div>6</div> <div>9:30-11:30 a.m.: Senior Forum 10:15 a.m.-1 p.m.: County Mobile Com-muter Store 10:15 a.m.: Yiddish 12 p.m.: Chess 1 p.m.: All in the Eyes 5:30 p.m.: Community Advisory Committee Meeting 7 p.m.: Concert: Eddie Sanders</div>	<div>7</div> <div>8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 11 a.m.: Still Life and Beyond 4-5:30 p.m.: Spanish Conversation 7 p.m.: Movie: Men in Black: International</div>	<div>8</div> <div>9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Movement and Memory 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting</div>	<div>9</div> <div>8:15 a.m.: Walking Club 9 a.m.-1 p.m.: Twin Springs Farm Market 10 a.m.: Natural Health Talk 10 a.m.-2 p.m.: Pottery Workshop</div>
<div>10</div> <div>9:30 a.m.-1 p.m.: Coffee and Sunday Papers 11:30 a.m.-1 p.m.: Art Reception</div>	<div>11</div> <div>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 1 p.m.: Strength Training Center Open 9 a.m-2 p.m.</div>	<div>12</div> <div>8:15 a.m.: Walking Club 10 a.m.: Music with Marsha Goodman-Wood 12-4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2-4 p.m.: Nurse Specialist 3-4 p.m.: Speech Therapy 3-4 p.m.: Tea 6:30 p.m.: Mat Pilates 7:30 p.m.: Friendship Heights Village Council Meeting</div>	<div>13</div> <div>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.-1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 11 a.m.:Chair Exercise 12 p.m.: Chess 1 p.m.: Suburban Lec-ture: Pain Manage-ment 7 p.m.: Concert: World Jam Club</div>	<div>14</div> <div>8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 11 a.m.: Still Life and Beyond 4-5:30 p.m.: Spanish Conversation 7 p.m.: Movie: American Woman</div>	<div>15</div> <div>9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting</div>	<div>16</div> <div>8:15 a.m.: Walking Club 9 a.m.-1 p.m.: Twin Springs Farm Market 12-1 p.m.: Lunchtime Lessons: Great Courses DVD: The Library of Congress, and The State, Treasury and Justice Departments</div>
<div>17</div> <div>9:10 a.m.: Yoga 9:30 a.m.-1 p.m.: Coffee and Sunday Papers</div>	<div>18</div> <div>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 10 a.m.-2 p.m.: MVA Mobile Office 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 6:30 p.m.: Monday Night Bridge Club</div>	<div>19</div> <div>8:15 a.m.: Walking Club 10:30 a.m.: Tonya's Tots and Seniors 11 a.m.: Village Book Club 12-4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1 p.m.: Painting for Everyone 2-4 p.m.: Nurse Specialist 3-4 p.m.: Tea 6:30 p.m.: Mat Pilates</div>	<div>20</div> <div>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.-1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: All in the Eyes 5:30 p.m.: Program Advisory Commit-tee Meeting 7 p.m.: Concert: Jenny Wilson and Candace Mowbray</div>	<div>21</div> <div>8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 11 a.m.: Still Life and Beyond 4-5:30 p.m.: Spanish Conversation 7 p.m.: Movie: Toy Story 4</div>	<div>22</div> <div>8:45 a.m.: Depart for Hopper Exhibit 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Movement and Memory 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting</div>	<div>23</div> <div>8:15 a.m.: Walking Club 9 a.m.-1 p.m.: Twin Springs Farm Market 10 a.m.: Talking Politics and Keeping the Peace</div>
<div>24</div> <div>9:10 a.m.: Yoga 9:30 a.m.-1 p.m.: Coffee and Sunday Papers</div>	<div>25</div> <div>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 6:30-8:30 p.m.: Monday Mountain Music Jam 6:30 p.m.: Monday Night Bridge Club</div>	<div>26</div> <div>8:15 a.m.: Walking Club 10 a.m.: Music with Marsha Goodman-Wood 12-4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1 p.m.: Painting for Everyone 2-4 p.m.: Nurse Specialist 3-4 p.m.: Tea 6:30 p.m.: Mat Pilates</div>	<div>27</div> <div>9:30 a.m.: Tai Chi Ongo-ing 10:15 a.m.-1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess</div>	<div>28</div> <div>Happy Thanksgiving Center Closed </div>	<div>29</div> <div>9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events Center Open 9 a.m-2 p.m.</div>	<div>30</div> <div>8:15 a.m.: Walking Club 9 a.m.-1 p.m.: Twin Springs Farm Market</div>

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The season to share: Collecting for Manna

Once again the Village Center will collect food items for Manna Food Center in Gaithersburg. Manna is the main food bank in Montgomery County and feeds almost 40,000 individuals every year.

Please bring donations to the Village Center during November and December; they will be delivered to Manna before the holidays. The foods most needed include low-sugar cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk. In addition, items are needed for Manna’s Smart Sacks, a program to fight childhood hunger. Each Friday, more than 2,000 children in 50 elementary schools receive a backpack with nutritious and kid-friendly foods for the weekend. Important: please check expiration dates before bringing donations, and do not bring anything in a glass jar. Baked goods and fresh produce cannot be accepted.



CLASSES AND CLUBS

PLEASE SIGN UP AT THE VILLAGE CENTER AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF A MINIMUM NUMBER OF PARTICIPANTS IS NOT MET. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

In the event a class is canceled, a make-up class will be held during the week following the last class of the session.

ART

ABSTRACT PAINTING

A 10-week class, taught by Joan Samworth, Fridays, 1 to 4 p.m., Oct. 4–Dec. 13. Class will not meet on Nov. 29. \$200 for residents; \$215 for nonresidents. Participants must have prior painting experience. Sketchbook, acrylics and willingness to experiment are vital to this process. Please contact Joan at samworthjoan@gmail.com if new to this class. Class limit is 10.

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., Oct. 30–Dec. 11. Class will not meet on Nov. 27. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

PAINTING FOR EVERYONE

A 5-week course for all skill levels, taught by Millie Shott, Tuesdays, 1:30 to 3:30 p.m., Nov. 19–Dec. 17. Designed to introduce students to the art of painting without the intimidation of rules and methods. Learn the art of color mixing and paint application on a variety of paper surfaces, and experiment with collage and paper textures, inks and glues. The cost is \$55 for residents; \$65 for nonresidents.

STILL LIFE AND BEYOND

A 10-week class, taught by Joan Samworth, Thursdays, 11 a.m. to 2:30 p.m., Oct. 3–Dec. 19. Class will not meet on Nov. 28. \$200 for residents; \$215 for nonresidents. The class is based on drawing and painting the still life as its focus. The instructor will stress the elements of art which are line, color, shape, value and texture. Composition and style are emphasized as each student strives to develop his or her own style. Bring your desired materials, bag lunch, sketch book and desire to explore new ways of seeing. No oils please. Questions? Email: samworthjoan@gmail.com.

SPANISH CONVERSATION

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a Spanish conversation group on Thursdays, 4 to 5:30 p.m. Please note that no English will be spoken during the sessions. **Free.** Minimum of five participants; maximum of eight.

EXERCISE

BALANCE AND FALL PREVENTION

A 6-week class, Tuesdays, 1 to 1:50 p.m., Oct. 22–Nov. 26. The class will focus on simple exercises that improve overall balance. \$70 for residents; \$75 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., Nov. 1–Dec. 20. Class will not meet on Nov. 15 nor Nov. 29. Exercises are designed to target balance issues and physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$70 for residents; \$75 for nonresidents.

CHAIR EXERCISE

A 6-week class, Wednesdays, 11 to 11:50 a.m., Oct. 23–Dec. 4. Class will not meet Nov. 6. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents.

DC TAI CHI (INTRODUCTION)

A 6-week class, Mondays, 9:30 to 10:30 a.m., Oct. 21–Nov. 25. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi.com for details.

DC TAI CHI (ONGOING)

A 6-week class, Wednesdays, 9:30 to 10:30 a.m., Oct. 23–Dec. 4. Class will not meet Nov. 6. Taught by internationally recognized Master

Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi.com for details.

MAT PILATES

A 6-week session, Tuesdays, 6:30 to 7:30 p.m., Oct. 22–Nov. 26. Pilates movements tone the body from “the inside out” bringing about core strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents; \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel.

CHAIR YOGA & MEDITATION

A 6-week session, Thursdays, 10:30 to 11:45 a.m., Oct. 24–Dec. 5. In this class you will stretch, strengthen, and breathe through gentle yoga movements and leave centered after a guided meditation. You will be seated in a chair or use one for support. Experience the mental and physical benefits of yoga and meditation practice that a myriad of scientific studies have promoted for years. Incorporating a weekly yoga and meditation practice in your life can enhance your health, increase strength and flexibility, and reduce stress, depression and anxiety. Instructor Louisa Klein has more than 40 years experience teaching all ages. She is a member of the International Yoga Teachers Association (IYTA) and former Vice President of IYTA USA. \$70 for residents; \$75 for nonresidents.

Class will not meet on Nov. 28.

STRENGTH TRAINING

A 6-week class, Mondays, 1 to 1:50 p.m., Oct. 28–Dec. 9. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$70 for residents; \$75 for nonresidents.

YOGA

An 6-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV’s “Cherryblossom Yoga.” Sundays, 9:10 to 10:30 a.m., Nov. 17–Dec. 22. This session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don’t eat for two hours before class. \$78 for residents; \$90 for nonresidents.

ART WORKSHOP

POTTERY

Create and decorate several beautiful white stoneware clay plates during this workshop on Saturday, Nov. 9 from 10 a.m. to 2 p.m. Taught by Natalia Kormeluk. \$30 for residents; \$35 for nonresidents. See page 4b for details.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays, 12 to 4 p.m. The nurse is also available for consultations, Tuesdays, 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays, 12 to 2:30 p.m. All levels are welcome. Call Greg Drury at 202-674-8102 for more information.

COFFEE AND CURRENT EVENTS

This long-running discussion group

meets Fridays, 10:30 a.m. to 12 p.m. Led by group members.

DROP-IN TAI CHI

Student-led sessions, Fridays, 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS GROUP

Book lovers participate in lively discussions about books usually taken from the Great Books series. Meets Mondays, 10 to 11:45 a.m. Call Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

The local State Health Insurance Program (SHIP), 301-255-4250, provides Medicare beneficiaries with unbiased information about health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

MONDAY EVENING BRIDGE GROUP

A new bridge group will begin meeting on Monday evenings, 6:30 to 8:30. Each session will involve a short lesson on bidding or play, followed by actual bidding and play of pre-dealt hands. The target audiences are intermediate players who wish to improve their skills, plus novices who wish to learn the game. Life Masters—probably not. All necessary supplies will be provided. Just bring your brains. Free. Group will not meet Nov. 11. Simply show up; reservations are not necessary. For further information, contact Jim Metzger, jmetzger1942@gmail.com, 301-502-9419.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban

Continued on page 14, see Classes

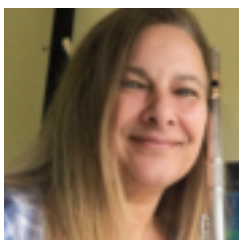
CONCERTS

Concerts are held every Wednesday from 7 to 8 p.m. in Huntley Hall at the Village Center.

Wednesday, Nov. 6—Eddie Sanders— Eddie Sanders has been an active bassoonist in the Washington, D.C., area for more than 20 years. He made his Kennedy Center Concert Hall debut at age 20, and was a winner of the Yamaha Young Performing Artist Competition. He has been a member of the U.S. Air Force Band since 2000 and was named principal bassoonist in 2002. He has also been a member of the Air Force woodwind quintet, the Air Force Reed Quintet, and a founding member of the Atlantic Reed Consort, a cutting-edge chamber music ensemble that made its Carnegie Hall debut in January 2017.

Wednesday, Nov. 13—World Jam Club — A graduate of the University of Maryland, violinist Susan Jones has carried her music to Carnegie Hall, the John F. Kennedy Center for the Performing Arts, and the National Gallery of Art Café. Friendship Heights audiences will know her from her performances with Machaya Klezmer, String of Pearls, and the Susan Jones Jazz Trio. This month, she brings the World Jam Club to Friendship Heights for a night of global music.

Wednesday, Nov. 20—Jenny Wilson and Candace Mowbray— Flutist and jazz pianist Jenny Wilson is



noted for her musicality and versatility in both jazz and classical realms. Her artistry on the flute earned her a full year of study in Switzerland at the prestigious Winterthur Konservatorium with Frau Marianne Stucki. She has performed with chamber music

groups and jazz ensembles in Europe and in the United States. She has a master of music degree from West Virginia University and a Bachelor of Music Performance degree from the University of Southern Maine. In addition to her musical endeavors, Jenny is a member of the Montgomery County Art Association and the Center for Maine Contemporary Art and maintains a vigorous painting studio exhibiting in solo and group shows in the Washington, D.C., area.

Classical guitarist Candice Mowbray is regarded for her beautiful tone and sensitive music-making. She has been a featured artist at many festivals and concert series

including the Philadelphia Classical Guitar Society Series, Toronto Guitar Weekend, Knoxville Guitar Series, Bethlehem Guitar Festival, Austin Peay GuitarFest, Charlottesville Guitar Festival, Ibero-American Guitar Festival at the Smithsonian Museum of the American Indian, and the Guitar Foundation of America Convention in Los Angeles. She has performed with the Washington National Opera at the Kennedy Center, Wolf Trap Opera, and the National String Symphonia.



Wednesday, Nov. 27—No Concert

Looking ahead: Dec. 4—Vocal Express

Make a little music

Try your hand at music during our monthly Mountain Music Jam on **Monday, Nov. 25, from 6:30 to 8:30 p.m., at the Village Center.**

This informal music gathering invites you to jump right into the jam if you know basic chords in different keys. Guitars, banjos, mandolins, violins, dobros and harmonicas—they're all welcome.

Or just come to listen and enjoy as the musicians gather to make great sounds together.

Whether you're picking with the musicians or just listening, it promises to be a fun evening.

For details, call the Village Center at 301-656-2797. The event is free.



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TO YOUR HEALTH

The Pain Connection

Dr. Dermot Maher, an expert in pain management will highlight the treatment options for acute and chronic pain during this month's Suburban Lecture on **Wednesday, Nov. 13, from 1 to 2 p.m.**, at the Village Center.

Maher joined the Suburban's Department of Anesthesiology/Critical Care Medicine in 2016. He is involved in the clinical care of patients at the Blaustein Pain Treatment Center. He treats patients with a wide variety of painful conditions, including chronic lower and upper back pain, musculoskeletal pain, neuropathic pain and cancer pain.

Maher offers a number of pain management treatments, including injections, radiofrequency nerve ablation, joint injections, spinal cord stimulation and a number of other x-ray and ultrasound guided procedures.



The lecture is free, but please call the Village Center at 301-656-2797 to let us know if you plan to attend.

Canasta anyone?

Are you interested in joining a group to play Canasta once a week at the Village Center? If so, please call the Village Center at 301-656-2797 to let us know which days and times you would like to play.



A natural way to stay healthy

Sandra Danu, a natural health consultant and Village resident, will outline a natural approach to getting and staying healthy on **Saturday, Nov. 9, from 10 a.m. to 11 a.m.**, at the Village Center.

Danu will explain certain principles that guide the discipline and why they are important. "Wherever a person is on the health spectrum," says Danu, "this approach can improve dysfunctions or disorders." She will also discuss the relationship between conventional medicine and alternative health care and the advantages and pitfalls of each approach. There will be time for questions and answers.

Danu has a pre-med degree from Smith College, and a naturopath's doctorate from Clayton College of Natural Health.

The event is free, but please call the Village Center at 301-656-2797 if you plan to attend.



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Classes, continued from page 11

Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia, who need help with communication. Meets the second Tuesday of every month, 3 to 4 p.m.

TEA

Village volunteers serve hot beverages, cookies, assorted pastries, and fruit on Tuesdays, 3 to 4 p.m.

TONYA'S TOTS AND SENIORS

Exercise instructor Tonya Walton brings toddlers together with senior citizens for a morning of fitness and fun on the third Tuesday of the month from 10:30 to 11:30 a.m. All children must be accompanied by a parent or caregiver. See this page for more details.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. See page 4 for details.

VILLAGE BRIDGE CLUB

The bridge club meets Mondays, 12:30 to 3:30 p.m. Village residents are encouraged to drop in. Cards will be supplied.

VILLAGE PLAY TIME

Toys are set out at the Village Center most Tuesdays, 10 a.m. to 12 p.m. Children must be accompanied by a caregiver over age 13. Marsha Goodman-Wood performs music from 10 to 11 a.m. on the second and fourth Tuesday of the month.

VISION RESOURCE LUNCH AND LEARN

The Vision Resource Lunch and Learn will take a break from monthly meetings and will resume in January.

WALKING CLUB

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood. Call Eniko Basa at 301-657-4759 or Helen Davis at 301-718-6340.

A Note from the Program Director

As a courtesy to our speakers, authors and performers—

- Turn off cell phones.
- Do not take food or drink into the auditorium.
- Arrive on time for all events.
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Call Maurice Singer at 202-362-0883 for details.

Create a holiday wreath at our weekend workshop

Get a jump on your holiday decorating when we host a wreath-making workshop on **Saturday, Dec. 7, 10 a.m., at the Village Center.**

The one-hour workshop is taught by Pam Maidl ofm Interior Garden Designs. Pam is responsible for maintaining the beautiful flora inside the Village Center and is also responsible for special floral decorations at the Center throughout the year, including during the December holidays.

Attendees will make and decorate an 8- to 10-inch wreath, the perfect size for Village residences.

The cost is \$25 for residents; \$30 for non-residents.

Sign up at the Village Center. For more information, call the Village Center at 301-656-2797.



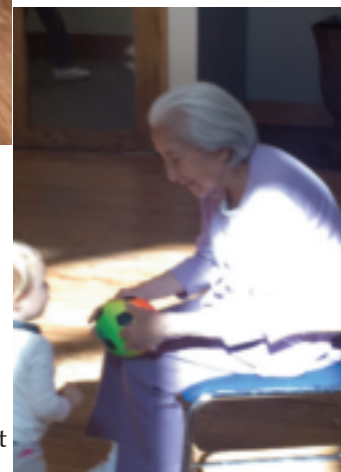
Tonya's Tots and Seniors keep fit with lots of laughter



Smile, breathe and laugh along with seniors and toddlers, too, as Tonya Walton brings an intergenerational exercise program to the Village Center.

Join us on **Tuesday, Nov. 19, from 10:30 to 11:30 a.m.** for Tonya's Tots and Seniors.

This gentle intergenerational exercise program is guaranteed to make you smile! No need to sign up, just stop in!



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Rise and shine and sing along with Marsha on Tuesday mornings

Join Marsha Goodman-Wood and her guitar for singing, dancing and fun for children of all ages on **Tuesday, Nov. 12, and Tuesday, Nov. 26, at 10 a.m., at the Village Center.**

Goodman-Wood, a singer and songwriter, performs her own original songs for kids and well-known favorites guaranteed to get you singing and dancing.

Toddlers and their friends and siblings are welcome, but must be accompanied by a parent or caregiver. All ages are invited! Call the Village Center at 301-656-2797 for details.

Tour Washington by video with our Lunchtime Lessons Great Courses

Bring a bag lunch and learn about the fascinating history and culture of Washington, D.C., on **Saturday, Nov. 16, from 12 to 1 p.m.**

The Great Courses DVD collection offers 30-minute lectures by respected journalists, educators, and experts on a variety of topics.

The DVD program will feature Smithsonian Distinguished Scholar Richard Kurin presenting "The Library of Congress" and "The State, Treasury and Justice Departments."

We'll provide a drink and something sweet. Please call 301-656-2797 to RSVP.



Friendship Heights

VILLAGE NEWS

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4433 South Park Avenue
Chevy Chase, Maryland 20815

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November 2019 events calendar